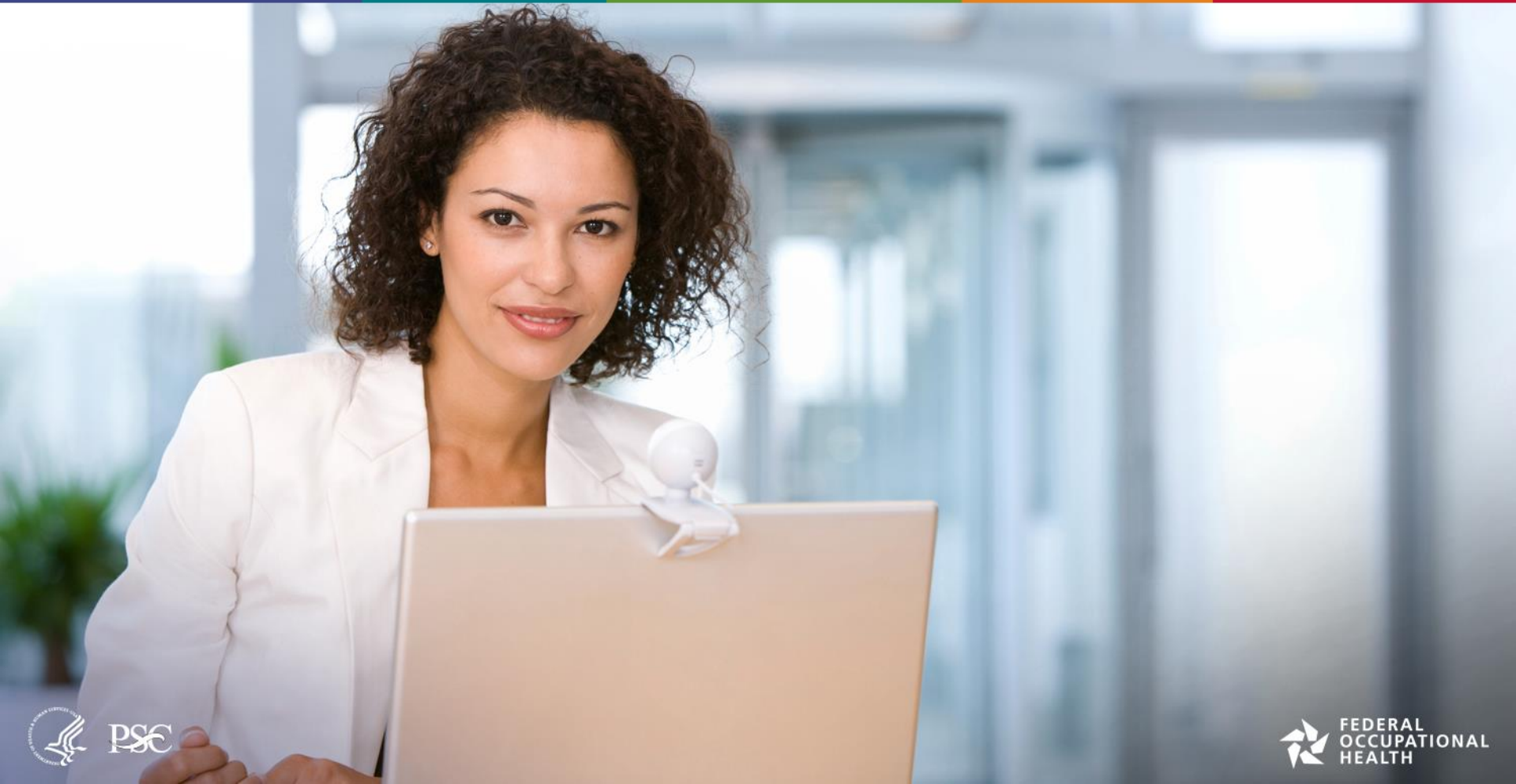


Diets Don't Work



Overview

Diets don't work, but what does work?

- We will discuss both why diets don't work and, more importantly, what does work for weight loss and weight management
- When to eat, what to eat, how much to eat... all of this and more will be covered to leave you with a good idea of how to maintain a healthy weight the right way!

Objectives

- The Problem with Diets
- Weight Management Guidelines
- Overview of a Healthy Diet
- Portion Size
- Beverages and Hydration
- Exercise
- Sample Daily Menu
- Healthy Snacking

Why Diets Don't Work

For many reasons, diets are not an effective long-term strategy for maintaining a healthy weight:

- Diets may work in the short-term but the majority of dieters regain the weight over the long-term
- Deprivation and dietary restrictions (not to mention hunger) lead to binge eating or “cheating” on the diet
- Many diets are based on outdated nutritional science and do not take into account the impact of hormones such as ghrelin and leptin on hunger and weight management or the effect of sugar and refined carbohydrates on fat storage

Weight Management Basics

- Focus on making *long-term changes* to your overall diet, rather than temporary quick fixes
- Seek out *healthy foods* that you enjoy
- Eliminate or sharply *reduce sugar* and refined carbohydrates
- Focus less on counting calories and more on filling your plate *with healthy, plant-based foods* and small amounts of meat, fish and eggs and whole-milk dairy
- Through shifting your eating habits to include tasty, satiating “real” foods, you will gradually lose your taste for processed foods, fast food, and junk food



Benefits of Long-Term Healthy Eating (vs. short-term dieting)

- More energy
- Better sleep
- Reduced illness and resistance to disease
- Decreased aches and pains (headaches, joint pain, etc.)
- Reduced digestive discomfort
- Better brain function and clearer thinking
- Improved hormonal balance, including menstrual cycles, menopause, adrenal response and stress management

What is Healthy Eating?

- Meals should contain approximately 50% vegetables, 25% protein and no more than 25% complex carbohydrates, such as whole grains or starchy vegetables
- Dessert is a privilege, not a right! Sweets should not be a daily habit
- Because they are so filling, high fiber foods such as vegetables, legumes and whole grains are helpful for weight management



What to Eat

- Include adequate protein in your diet: 50-90 grams for the average male and 45 – 75 for the average female (depending upon exercise habits, genetics, body type, etc.)
- Lose your fear of fats:
 - create satiety and provide long-burning energy with healthy fats including: avocado, olive oil, coconut oil/milk, nuts, salmon, sardines, grass-fed meats and pastured poultry
- Increase fiber through lots of vegetables and some fruit
- Re-think portion size to suit *need, not availability* of food
- Determine meal/snack frequency that works for you and plan around your meal time requirements

What *Not* to Eat

Most packaged foods contain lots of sugar, unhealthy fats, and chemicals of all kinds – MSG, dyes, additives, preservatives.

Avoid completely or limit as much as you can:

- Refined carbohydrates such as cakes, cookies, muffins, donuts, etc.
- Junk foods and fast food
- Sugar, including soda, candy and fruit juice
- Trans-fats or hydrogenated or partially hydrogenated fats
- Vegetable seed oils, e.g. canola oil, soybean oil, sunflower seed oil

Portion Size

A key aspect of weight management is eating the right amount of food.

- Gradually reduce your portion size so that you are eating as much as you actually need – just enough to feel full – not overfull
- By reducing sugar and refined carbohydrates, you make room in your diet for healthy fats and proteins, which are satiating and nutritious, as well as for fiber and complex carbohydrates from vegetables and fruits.
- Aim for a palm-sized piece of protein and a full plate of salad or vegetables



Beverages and Hydration

Adequate hydration is key to overall health and essential for managing your weight.

- A good rule of thumb is to drink half of your body weight (in pounds) in water (in ounces)
- The body only signals thirst when already dehydrated – stay ahead of dehydration by drinking water throughout the day
- Low energy is often a sign of dehydration – drink a full glass of water when feeling tired
- Water is a natural appetite suppressant and a great diet aid
- Most people are dehydrated – alcohol, caffeinated beverages, exercise all contribute to dehydration



Role of Exercise in Weight Management

- Exercise is essential for overall health and fitness but for weight loss, what you eat is more important than how many calories you burn through exercise.
- Exercise is a key component of a healthy lifestyle and is essential for most people to manage their weight. Both strength training and cardio is important.
- However, you cannot make up for dietary failures through extra exercise – what you eat has a far greater impact on your weight than how much you exercise (unless you a professional athlete and spending most of your day exercising!)



Daily Menu Ideas

Breakfast

- Protein smoothie
- Eggs
- Whole-milk yogurt with nuts and fruit

Lunch

- Protein-rich salad (greens topped with salmon, eggs, chicken, cheese, or nuts)
- Vegetable or legume soup, e.g. lentil soup
- Omelet and salad

Dinner

- Roasted Salmon, sautéed trout or baked cod with a vegetable
- Chicken, steak, pork or lamb with a vegetable
- Legumes or beans with a vegetable and a whole grain (vegetarian)

Healthy Snacking

Manage cravings by *not allowing yourself to get hungry*. Choose snacks which minimize starchy carbohydrates or refined grains and contain protein and fat:

- Almond butter on apple slices
- Nuts and seeds, e.g. walnuts and pumpkin seeds
- Hummus on carrot and celery sticks
- Whole-milk yogurt with fruit
- Hard-boiled eggs with sea salt
- Chia seed pudding with coconut milk
- Olives
- Guacamole or avocado with lemon juice and olive oil

Conclusion

- As opposed to dieting, weight management is sustainable through regular and consistent eating habits which are based on a diet of whole foods, in their natural state, limiting sugar and refined carbohydrates, and focusing of vegetables, healthy fats and protein

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